

J. C. Bose University of Science and Technology, YMCA, Faridabad

(Established by Haryana State Legislative Act No. 21 of 2009 & Recognized by UGC Act 1956 u/s 22)
Accredited 'A' Grade by NAAC



Eklavya

The sports club
of

J. C. Bose University of Science and Technology, YMCA, Faridabad



Dean Student Welfare Office

J. C. Bose University of Science and Technology, YMCA, Faridabad

Email: jcboseustsports@jcboseust.ac.in

jcboseustsports@gmail.com

Club Objectives



- 🔥 Organize Sports Activities at the University
- 🔥 Plan and Execute Inter-College Tournaments
- 🔥 Support for Outside University Sports Tournaments (State/National)
- 🔥 Facilitate awareness of Sports Activities among students/faculty/staff

Club Coordinators

The club works under the Dean Student Welfare Office of the J. C. Bose University of Science & Technology, YMCA, Faridabad. **Prof. Lakhwinder Singh**, Dean, Student Welfare gives his esteem guidance and extensive support for organizing various sports events at the University level and helps in smooth conducting of various sports activity-based Value-added courses. **Dr. Anuradha Pillai**, Deputy Dean Student Welfare always motivates club coordinator to conduct sports events for individuals to encourage faculty, students and University staff for their active participation so that they can be free from stress, anxiety & diseases to overcome and have good health and fitness.

Faculty Coordinator	Dr. Shailender Gupta Associate Professor Department of Electronics Engineering
Faculty Co-coordinator	Dr. Anurag Prakash Assistant Professor Department of Chemistry
Sports In-charge	Dr. Sunita Koak

Indoor Games

<ol style="list-style-type: none">1. Table Tennis2. Badminton3. Kabaddi4. Chess5. Taekwondo6. Karate7. Weightlifting		
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Outdoor Games

<ol style="list-style-type: none"> 1. Football 2. Cricket 3. Archery 4. Basketball 5. Volley ball 6. Boxing 7. Handball 8. Hockey 9. Athletics 		
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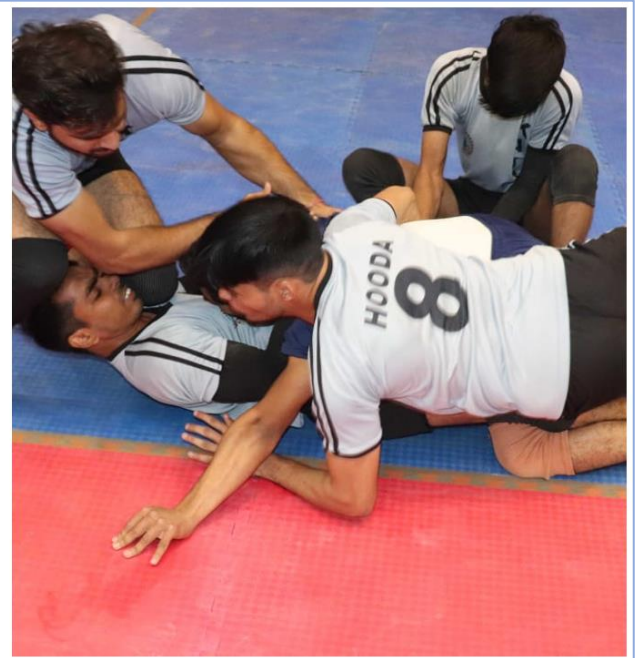
Facilities @ YMCA

<p style="text-align: center;">Shakuntalam</p>	<p style="text-align: center;">Sports Ground Football/Cricket</p>
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Glimpse of sports Activities @YMCA



Glimpse of sports Activities @YMCA





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The 'Eklavya Club' presents a Five Week 'Physical Fitness and Healthy Lifestyle Course'

on

व्यायाम – विचार – व्यवहार
Vyayam-Vichar-Vyavhar
 May 03, 2021 to June 04, 2021

Objectives:

- Practices for Physical Fitness, Psychology & sports and punctuality for Yoga/Exercises
- Adoption of Vedic Dincharya, Spiritual Attitude and Physical Purity
- Injuries & First Aid training, Sports specificity in Exercises and Meditation

'Opportunity to Learn while doing and excel in Physical Fitness'

Key Competition

- Girls Cardiovascular fitness (Harvard step test) and Partial curl up (2min each)
- Boys Pushups (2 Min) and Basketball throw test (Distance will be measured)

Registration Link: <https://forms.gle/BYWA6EaB2qrthHTh8>
 Last Date May 05, 2021 by 5 PM

VALUE ADDED COURSE
(MAY 03, 2021 – JUNE 04, 2021)

व्यायाम – विचार – व्यवहार	May 03, 2021	May 04, 2021	May 05, 2021	May 06, 2021	May 07, 2021	May 08, 2021	May 09, 2021	May 10, 2021	May 11, 2021	May 12, 2021
व्यायाम
विचार
व्यवहार

Sports In-charge:
 Dr. Smith Kaul & Bijender Sharma
 Phone: +91-9340427886

Meeting ID: 226 624 2190
PAWSID: 1AUFYx

Sports Volunteers:
 Rakshab & Sahil Gadia, Ajay & Vandana
 Ph: 837788841, 9350140856

Dr. Anurag Prakash
 Co-coordinator, Sports

Dr. Shailender Gupta
 Coordinator, Sports

Dr. Anuradha Pillai
 Deputy Dean - Student Welfare & Program Chair

Prof. Lakhwinder Singh
 Dean - Student Welfare & Program Advisor

Organized By:
 Dean Student Welfare Office
 J. C. Bose University of Science and Technology, YMCA, Faridabad
 Email: cbuawelfare@ymca.org



INTERNATIONAL YOGA DAY



WORLD CAR FREE DAY



FIT INDIA RUN 2.0 (2021)

